



Food Super Powers

How to play:

- The objective of this activity is to help students identify the five major food groups and the health benefits of each food group.
- The teacher will ask the students to recall the five food groups and provide an example for each.
- The teacher will explain and model the superpowers of each food group. Students will repeat each exercise.
 - Grains - Run in place for 10 seconds; grains provide carbohydrates which produce energy and fiber which aids with digestion.
 - Dairy - 10 lunges; milk provides calcium that builds strong bones and teeth.
 - Vegetables - 10 jumps for joy; vegetables provide vitamins and minerals that offer us: healthy eyes, skin, digestion, and prevent many diseases.
 - Fruit -10 boxing punches; fruit provides vitamins that will fight infection and diseases.
 - Protein - 10 bicep curls; meat and beans provide protein to build muscles.

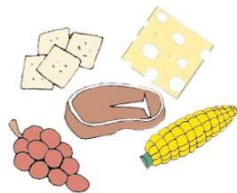
Beginner:

- This activity starts with students marching in place.

Intermediate/Advanced:

- Teacher will name a food and the students have to provide the corresponding food group's activity. (See back for examples.)

How Health Smart Are You?



1. What superpower do vegetables provide?
2. What is your favorite food and the associated superpower?
3. What super food can be found in two food categories?

Answers:
 1. Healthy eyes, skin and digestion. Prevents some diseases and high blood pressure.
 2. Answers will vary. Example: Strawberry, fights infection and disease.
 3. Beans - can be found in the protein category and the vegetable category.

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Teachers:

For the Beginner Level: Say the food group, and have a student give an example food from that group. Then, have students call out some health benefits of foods from that group, while doing the activity listed.

For Intermediate/Advanced Level: Say a food that can be found in a specific food group. Then, have students call out some health benefits of foods from that group while doing the activity listed.

Grains - Run in place for 10 seconds.

- Main benefit: provide carbohydrates to the body which are the best source of energy.
- Other benefits:
 - Have fiber which aids with digestion.
 - Supply B vitamins and iron to your body.



Dairy - 10 Lunges.

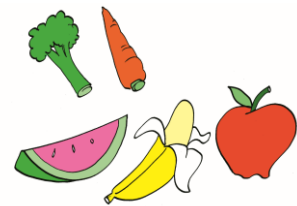
- Main benefit: provides calcium and other vitamins and minerals that build strong bones and teeth.
- Other benefits:
 - Create healthy skin.
 - Help your immune system to fight disease.
 - Prevent illnesses such as hypertension, tooth decay, breathing problems, and osteoporosis (a bone disease).

Vegetables - 10 jumps for joy.

- Main Benefit: provide vitamins and minerals that help fight disease and aid digestion.
- Other benefits:
 - Potassium - helps with blood pressure.
 - Dietary fiber - helps reduce blood cholesterol levels, may lower risk of heart disease and is important for good digestion and bowel function.
 - Folate (folic acid) - helps form healthy red blood cells.
 - Vitamin A - keeps eyes and skin healthy and helps to protect against infection.
 - Vitamin E - helps skin and your cells to be healthy.
 - Vitamin C - helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C also helps you absorb iron which is important for healthy blood and brain.
 - Other benefits: Most vegetables are low in fat and calories. Vegetables have no cholesterol so your heart, veins and arteries will stay healthy.

Fruit - 10 Boxing punches (5 with each hand) to fight disease.

- Main Benefit: provides vitamins that will fight infection and diseases.
- Other benefits:
 - Contains about 80% water so fruit is a good source of water (like watermelon!).
 - Helps with digestive problems (such as constipation or diarrhea).
 - Contains natural fiber which help regulates your colon.
 - Can lower cholesterol levels.
 - Low in calories and fat.



Protein - 10 bicep curls -

Protein provides:

- Main Benefit: to build muscles.
- Other Benefits:
 - Iron in red meat for healthy blood.
 - Vitamin B12 which helps your brain function & your body sleep.
 - Amino acids help muscle tissue form, help the body burn fat and support normal growth and function in all body organs.

Beans provide:

- Main Benefit: provide fiber to help with digestion and to reduce cholesterol in your blood.
- Other Benefits:
 - Provide antioxidants to lower the risk for cancer - red kidney beans are a great source!
 - Are a great source of healthy, low fat protein to build muscles and help manage blood sugar.